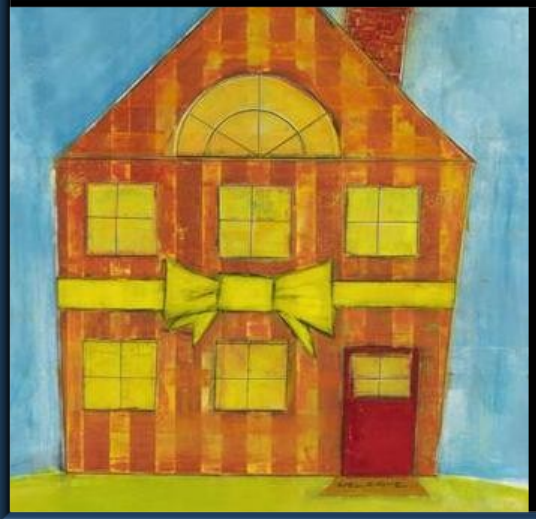
Military OneSource



Eligibility

- Active, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

Counseling

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

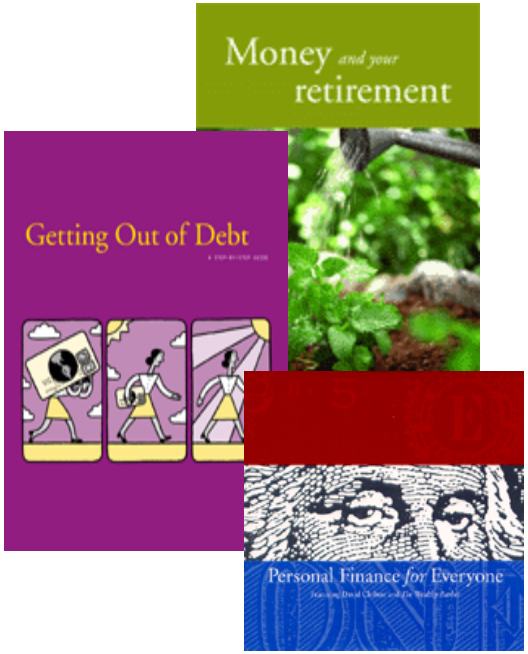
Financial Services

Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/pensions
- Traditional and ROTH IRAs
- Assistance in selecting a Certified Financial Planner in the local community



Tax Services

Tax Filing

- Available mid January through the end of tax season
- Access free *H&R Block*® tax preparation software
- Electronic filing for state and federal returns

Tax Consultations

- Federal tax filing requirements
- Allowable deductions
- Tax exemptions and tax credits
- IRA deductions
- W-2 and W-4 form questions
- Divorce taxation
- Capital gains questions
- Questions related to filing extensions and

Healthy Habits Coaching

Improve your health-FOR LIFE!

iCanChange

A personalized, flexible, and supportive approach to help you reach your weight and health goals

iCanThrive

A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

iCanRelax

A personalized, flexible, and supportive program to help you become aware of stress and how it affects you

iCanAchieve

A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Specialty Consultations

Specialty Consultations

- Adoption
- Adult Disability
- Child Care/Nanny
- Education (College and General)
- Elder Care
- Health and Wellness
- Special Needs

Additional Services

- Document translation
- Simultaneous interpretation

Career

Topics

- Choosing a career
- Finding a job
- Effectiveness at work
- Management skills

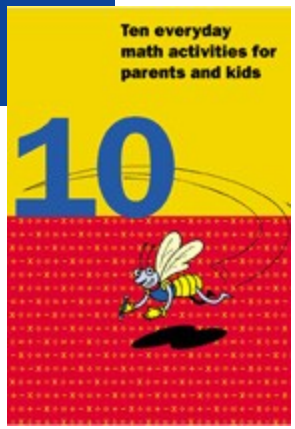
Resources

- Spouse Career Center
  - Career assessments
  - Employment readiness
- Web links
- Newsletters

Education

Topics

- K-12 education
- Adjusting to college
- Financial aid and scholarships
- Alternatives to college
- Continuing education



Resources

- School locators
- DoD MWR Libraries Education Resource Center
- College search
- *Applying to College Toolkit*
- Spouse Career Center
  - MyCAA
  - Alternate Educational Funding Opportunities

Parenting

Topics

- Becoming a parent
- Parenting skills
  - Single parenting
  - Coping with deployment
  - Discipline/ responsible behavior
  - Internet safety
- Adoption

Resources

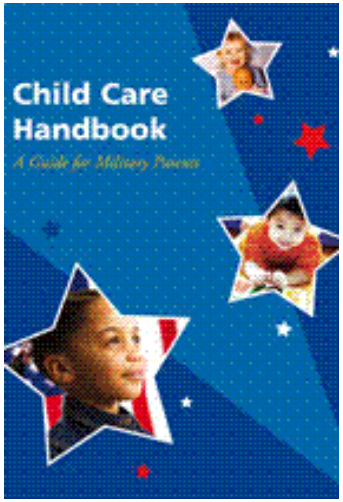
- Toolkits
- Web links
- Educational materials
- Specialty consultations

Questions parents of infants ask
Questions parents of toddlers ask
Questions parents of young school-age children ask
Questions parents of teenagers ask

Childcare

Topics

- Types of childcare
- Finding childcare
- Paying for childcare
- Communicating with providers
- Back-up childcare
- Older child home alone



Resources

- Childcare locator
- SitterCity ®
- Summer camp locator
- Educational materials

Youth Resources

Online libraries

- Hobbies and Crafts Reference Center
- Student Resource Center
- TumbleReadables
- InfoTrac Junior
- Kids Info Bits
- SAT/ACT Prep

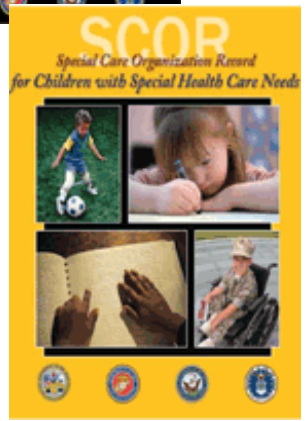
Tutor.com™

iCanAchieve Teen Health Coaching

Special Needs

Topics

- Navigating resources
- Advocating at school
- Medical, financial, and legal support
- Family support
- Self care



Resources

- *Special Needs Parent Toolkit*
- *Special Care Organizational Record (SCOR) for Children with Special Health Care Needs*
- Specialty Consultations
- Educational materials
- Discussion boards

Extended Family and Friends

- Military OneSource Online
- Military Installations
- Caregiver resources

Educational Materials

Free to eligible users

Varied topics

Several formats

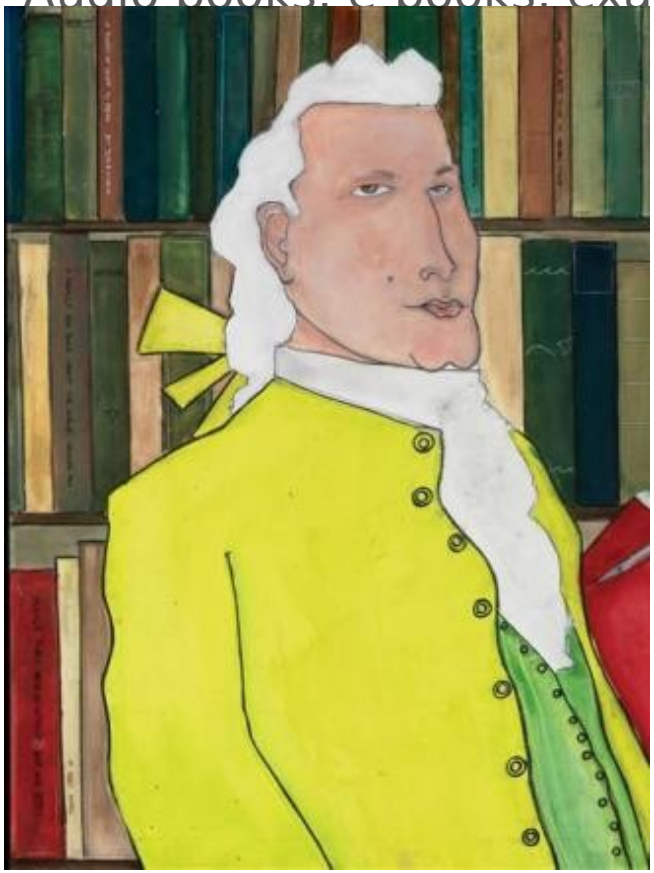
- Articles, booklets, CDs, Playaways®, DVDs, audio links, web links

Multiple ways to access materials

- Download
- Print
- Order for home delivery

Online Library Resources

Audio books, e-books, exam prep, resume builder and more!



MORNINGSTAR

eBooks on EBSCOhost

Health Library
Evidence-Based Information

SITION YOURSELF ACHIEVE MORE

Audiobooks on EBSCOhost

GALE Kids InfoBits

DoD MWR LIBRARIES
Linking Ideas, People & Communities

Safari Books Online

GALE Academic OneFile

TumbleReadables
Your Online Read-Along Collection

Teacher Reference Center

GALE Gale Virtual Reference Library

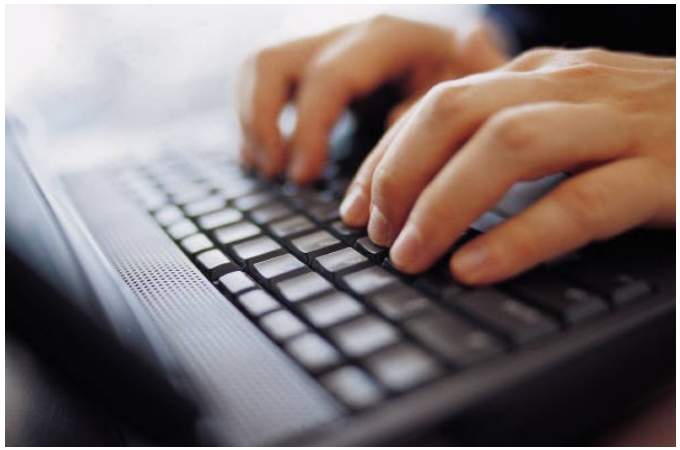
Click here for TumbleBooks™

HERITAGE QUEST

GALE Military & Intelligence Collection

Online Communities

- Newsletters
- Discussion Boards
  - Topic specific
  - State specific
- Webinars
- Moderated Chats
- Podcasts



Monthly Outreach Efforts

Monthly Communication Calendar

- Articles
- Promotional materials
- Educational materials
- Webinars
- Newsletters

Live moderated chats

Military OneSource Connection newsletter

MILITARY ONESOURCE
CONNECTION
Keeping you informed about products and services
September 2010
1-800-342-9647
Free Tutoring for Military Famlies at Tutor.com
Communicating with Your Child's Teacher When You're Deployed
Ways to stay in touch
Attending a parent-teacher conference
Military Spouses are Different

Wounded Warrior Resource Center

DoD resource that works in coordination with branch-specific programs

Assistance in areas such as:

- Military facilities concerns
- Health care services
- Information on VA benefits and other entitlements
- Everyday issues such as counseling, dependent care, etc.

YMCA Services

Eligibility

- Families of Deployed Guard/Reserve (Title 10 Only)
- Deployed at least 6 months
  - Memberships renewed in 6 month increments
  - Up to 18 months as long as usage requirements met

Respite child care

- Up to 16 hours per month, per child
  - Age 12 and under
  - Age limits and availability differ at participating YMCA's

Links

- www.MiliatryOnesource.com
- www.ASYMCA.org

Military OneSource: Something for Everyone

Did you know Military OneSource has…

- Retirement calculators
- *Healthy Meals* podcast
- Resources on pet sitting
- Natural disaster preparedness information
- Information on rock climbing

Access

Toll-Free telephone
1-800-342-9647

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Questions

www.MilitaryOneSource.com 1-800-342-9647